



West Valley City Fitness and Recreation Center News

6-week TeenFit Boot Camp

DATES:

Thursdays starting July 15 through August 19 from 4 pm to 5:30 pm.

Classes will begin with an hour of exercise and hands on exercise training, and finish with 30 minutes of education on a particular fitness topic addressed specifically to your teen. Classes will be structured to account for all fitness levels and be modified for beginners or magnified for advanced exercisers. Participants will leave with a sound understanding of proper exercise technique, nutrition, body image, and have a basic understanding of exercise programming. They will also receive education on self-defense, healthy body image, and simple food preparation skills. Everything you want your teen to know.

Sign-up for the program at the front desk. For more information please call 801-955-4000.



Wellness Tip of the Month

With the onset of the summer season comes many health concerns that you should be aware of before you plan your summer activities. The heat and sun can lead to many serious illnesses and accidents. Make sure you start your summer off right by knowing how to keep you and your family happy and healthy during this fun time of year!

1. Sunscreen is important. This is not new information. However, make sure you choose sunscreen that does not have cancer-causing ingredients in it. Recent studies warn against the ingredients PABA, benzophenone-3, homosalate, OMC and 4-MBC due to the possible link to skin cancer.

2. Increase your intake of fruits and vegetables. Vegetables and fruits have many properties for protecting your health from cancer, heart disease, diabetes, and much more! By eating more vegetables and fruits you can give your body the vitamins and minerals it craves and protect your cells from the damage free radicals cause.

3. Avoid long periods of vigorous activity during the heat of the summer. Make sure you take frequent breaks and drink lots of water to keep hydrated. Keep your family protected by offering shade, frequent breaks, and lots of fluids.

4. Increase your social and activity calendar! Summer is an awesome time for getting together with friends, which has shown to increase your happiness and fulfillment in life. Studies have shown that people who are happy and active live longer, healthier, and happier lives. What can you do this summer to increase your health?

Educate yourself on healthy summer habits that will help you and your family to have a happy and healthy summer season. WVCFFC hopes you have fun this summer and stay safe!

**** Nothing provided herein should be construed as substitute for advice or treatment by a medical or health care professional. Any information pertaining to your health should be reviewed with your doctor.**

Fall Recreational Softball League

Men & Co-Ed Softball Teams

Centennial Park
Games begin August 17

Registration Deadline:
August 6
\$325 per team;
\$50 late fee after August 6

Captain's Meeting August 9 6:30 p.m.
at Fitness Center

Fall Machine Pitch

Boys and Girls ages 7-12

August 24 through September 28

\$40 per player, includes t-shirt, visor, team & individual photo and participation award.

Registration due August 9.

Volunteer coaches needed,
call (801) 955-4012 to volunteer.

Host Your Next Birthday Party at the Family Fitness Center

Let the staff of the West Valley City Family Fitness Center take the stress out of planning your next birthday party. With three packages to choose from, there's no better way to celebrate!

Three options to choose from, starting at \$70 for ten kids and two adults. Additional guests, pizzas, drinks, and cakes available at an additional cost.

Reservations must be made one week prior to event.

For more information call 801-955-4000.

Youth Fall Soccer

Boys and Girls ages 3 ½ - 12

Games held on Saturdays starting at 9AM beginning August 21 through October 9.

\$38 per player
Registration due August 6.

Junior High Summer Program

Tuesday, Wednesday, Thursday
June 15 – August 19
11 a.m. to 2 p.m.

Cost
\$50 for entire summer program
\$25 per month

Sign up with a friend by June 18th and receive a \$5 credit at the snack bar

Program includes: lunch, field trips, games, leadership activities, rock climbing, swimming, sports and much more.

T-Ball & Coaches Pitch

Games and instruction designed to teach girls and boys ages 3 ½ – 6 basics in T-Ball: how to stand at bat, hold and swing the bat, how and where to run, fielding, catching, and throwing.

\$38 per player, includes t-shirt, visor, team & individual photos and participation award.

August 26 – September 30

Registration due August 9

Volunteer coaches needed,
call (801) 955-4012 to volunteer.



5415 West 3100 South, West Valley City, UT 84120 (801) 955-4000 www.WestValleyFitnessCenter.org
Facility Hours: M-F 5 a.m. - 10 p.m. Saturday 6:30 a.m. - 9 p.m. Sunday 10:30 a.m. - 5 p.m.
Lap Swim: M-F 5 a.m. - 9 p.m. Saturday 6:30 a.m. - 8 p.m. Sunday 10:30 a.m. - 4 p.m.
Open Plunge: M-F 11:30 a.m. - 9 p.m. (slide opens at 5 p.m.) Saturday 11:30 a.m. - 8 p.m. Sunday 12 p.m. - 4 p.m.

